- a left foot support and a right foot support, wherein each said foot support has a first portion linked to a respective crank and a second portion linked to [said frame] a respective quide in such a manner that rotation of said cranks is linked to movement of a person's feet through adjacent paths that have a horizontal component and a relatively greater vertical component.
 - 11. A stepping machine, comprising:
 - a frame designed to rest upon a floor surface;
- a left crank and a right crank, wherein each said crank is rotatably mounted on said frame;
 - a left foot support and a right foot support; and
- a left linking means and a right linking means, each for linking rotation of a respective crank to movement of a respective foot support through a path having a horizontal component and a relatively greater vertical component, wherein at least a portion of each said linking means is constrained to move in reciprocal fashion relative to the frame.

Please and the following claims:

- 12. The stepping machine of claim 11, wherein each said foot support includes a bar and a foot platform disposed at an end of the bar.
 - 13. The stepping machine of claim 12, wherein each said linking means is connected to an opposite end of a respective bar.
 - 14. The stepping machine of claim 13, wherein each said linking means includes a rocker link having a first end pivotally connected to the frame, and an opposite, second end pivotally connected to the opposite end of a respective bar.

15. The stepping machine of claim 12, wherein each said foot platform is rotatably mounted on a respective bar.

The stepping machine of claim 12, wherein each said linking means includes a rocker link having a first end pivotally connected to the frame, and an opposite, second end pivotally connected to a respective foot support.

- 17. The stepping machine of claim 12, wherein at least a portion of each said linking means moves through an arcuate path relative to said frame
- 18. The stepping machine of claim 10, wherein each said foot support includes a bar and a foot platform disposed at an end of the bar.
- 19. The stepping machine of claim 18, wherein the second portion of each said foot support) is disposed at an opposite end of a respective bar.

The stepping machine of claim 19, wherein each said guide is a rocker link having a first end pivotally connected to the frame, and an opposite, second end pivotally connected to the opposite end of a respective bar.

21. The stepping machine of claim 18, wherein each said foot platform is rotatably mounted on a respective bar.

22. The stepping machine of claim 10, wherein each said guide is a rocker link having a first end pivotally connected to the frame, and an opposite, second end pivotally connected to a respective foot support.

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10. A stepping machine, comprising:

a frame designed to rest upon a floor surface;

a left crank and a right crank, wherein each said crank is rotatably mounted on said frame;

a left guide and a right guide, wherein each said guide is mounted on the frame for movement in reciprocal fashion relative thereto; and

a left foot support and a right foot support, wherein each said foot support has a first portion linked to a respective crank and a second portion linked to a respective guide in such a manner that rotation of said cranks is linked to movement of a person's feet through adjacent paths that have a horizontal component and a relatively greater vertical component.

11. A stepping machine comprising:

a frame designed to rest upon a floor surface;

a left crank and a right crank, wherein each said crank is rotatably mounted on said frame;

a left foot support and a right foot support; and

a left linking means and a right linking means, each for linking rotation of a respective crank to movement of a respective foot support through a path having a horizontal component and a relatively greater vertical component, wherein at least a portion of each said linking means is constrained to move in reciprocal fashion relative to the frame.